

Exercises for the Hamstrings (Biceps Femoris)

Lying Leg Curls

Major Muscle Group: Hamstrings

Other Muscles Worked: Glutes

Lie face down on the weight bench. Position the pad just above your ankles. Keep your upper body stable, but relaxed. Use the handgrip for support only. Slowly bend your knees, pulling your feet toward your buttocks. Only go as far as you can without moving your pelvis or spine. Do not pull with your arms, or arch your neck or lower back. Return to the starting position. Repeat.



Seated Leg Curl

Major Muscle Group: Hamstrings

Sit on the seat with your back against the padded back support. Place the back of your lower legs on top of the padded lever. Place the lap pad against the thigh just above the knees. Flex your knees to bring the lever down until your shin is perpendicular to the floor. Slowly release the lever until the knees return to a straight position. Repeat.

**Stability Ball Leg Curl**

Major Muscle Group: Hamstrings

Other Muscles Worked: Glutes, Core

In a supine position on the floor, put the stability ball under your legs between your knees and feet. Raise your hips in the air as you push down on the exercise ball. Pull the ball toward your glutes keeping your hips off the floor. Bring it in as far as possible and then straighten your legs, keeping your hips off the floor. Repeat.

